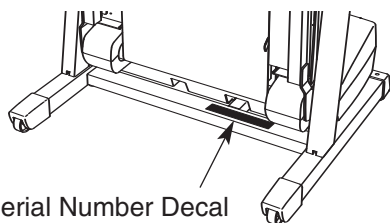


Model No. PFTL49507.0

Serial No. _____

Write the serial number in the space above for future reference.



Serial Number Decal

QUESTIONS?

As a manufacturer, we are committed to providing complete customer satisfaction. If you have questions, or if parts are damaged or missing, **PLEASE CONTACT OUR CUSTOMER SERVICE DEPARTMENT DIRECTLY.**

CALL TOLL-FREE:

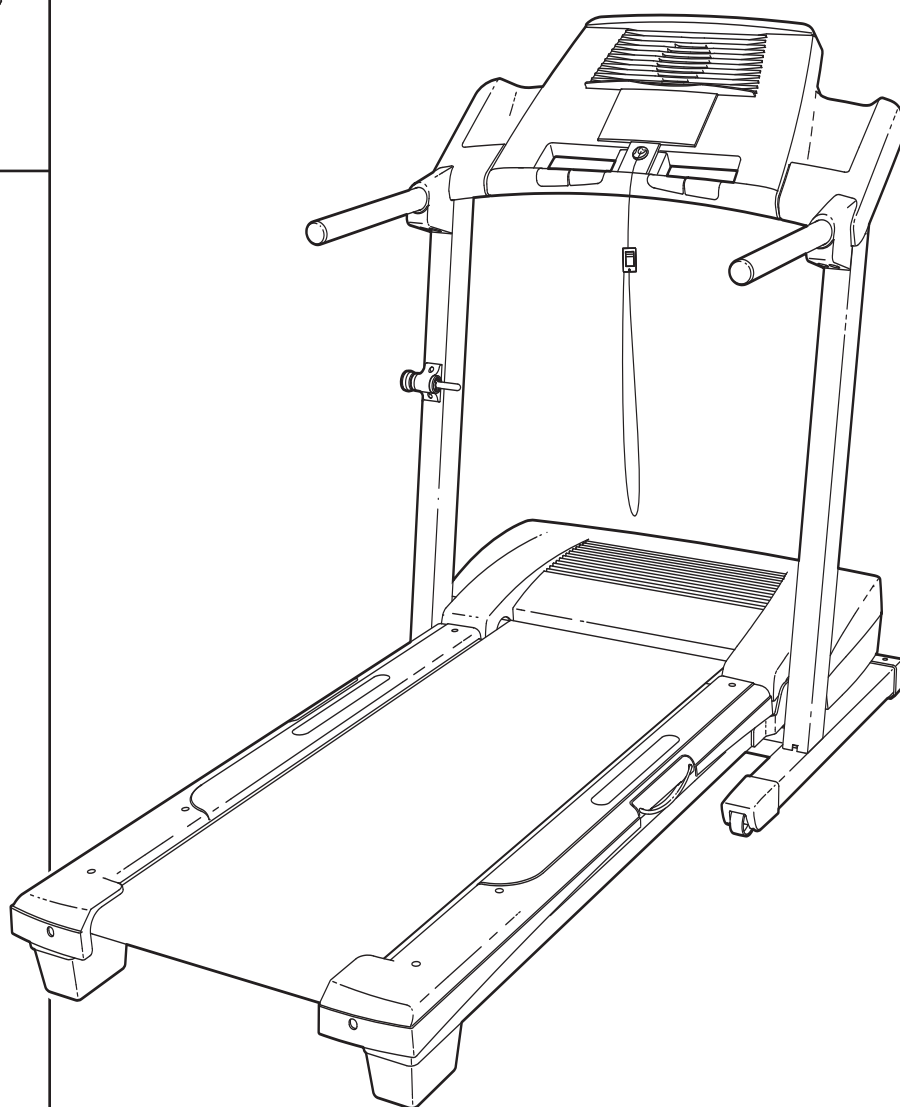
1-888-533-1333

Mon.-Fri. 6 a.m.-6 p.m. MST

Sat. 8 a.m.-4 p.m. MST

ON THE WEB:

www.proformservice.com



⚠ CAUTION

Read all precautions and instructions in this manual before using this equipment. Save this manual for future reference.

USER'S MANUAL



Visit our website at

www.proform.com

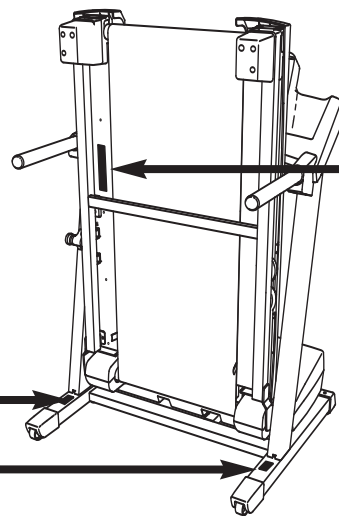
new products, prizes,
fitness tips, and much more!


TABLE OF CONTENTS

WARNING DECAL PLACEMENT	2
IMPORTANT PRECAUTIONS	3
BEFORE YOU BEGIN	5
ASSEMBLY	6
OPERATION AND ADJUSTMENT	11
HOW TO FOLD AND MOVE THE TREADMILL	19
TROUBLESHOOTING	21
EXERCISE GUIDELINES	24
PART LIST	26
EXPLODED DRAWING	28
ORDERING REPLACEMENT PARTS	Back Cover
LIMITED WARRANTY	Back Cover


WARNING DECAL PLACEMENT

The decals shown here have been applied in the locations shown. **If a decal is missing or illegible, call the telephone number on the front cover of this manual and request a free replacement decal. Apply the decal in the location shown.** Note: The decals may not be shown at actual size.




⚠ WARNING:
Protect yourself and others from risk of serious injury. Read the user's manual and :


- Stand only on the side rails when starting or stopping treadmill.
- Change speed in small increments.
- Hold handrails to prevent falling, and always wear the safety clip while operating treadmill.
- Stop if you feel faint, dizzy, or short of breath.
- Fully engage storage latch before treadmill is moved or stored.
- Reduce incline to its lowest level before folding treadmill into storage position.



- Never allow children on or around treadmill.
- Remove key when not in use.



- Keep clothing, fingers, and hair away from moving belt.
- Never try to adjust or fix the belt while it is moving.
- Always wear athletic shoes while operating treadmill.

IMPORTANT PRECAUTIONS

⚠ WARNING: To reduce the risk of burns, fire, electric shock, or injury to persons, read the following important precautions and information before operating the treadmill. ICON assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

1. Before beginning this or any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems. Read all instructions before using.
2. It is the responsibility of the owner to ensure that all users of this treadmill are adequately informed of all warnings and precautions.
3. Use the treadmill only as described.
4. Place the treadmill on a level surface, with at least 8 ft. (2.4 m) of clearance behind it and 2 ft. (0.6 m) on each side. Do not place the treadmill on any surface that blocks air openings. To protect the floor or carpet from damage, place a mat under the treadmill.
5. Keep the treadmill indoors, away from moisture and dust. Do not put the treadmill in a garage or covered patio, or near water.
6. Do not operate the treadmill where aerosol products are used or where oxygen is being administered.
7. Keep children under the age of 12 and pets away from the treadmill at all times.
8. The treadmill should be used only by persons weighing 300 lbs. (136 kg) or less.
9. Never allow more than one person on the treadmill at a time.
10. Wear appropriate exercise clothes when using the treadmill. Do not wear loose clothes that could become caught in the treadmill. Athletic support clothes are recommended for both men and women. *Always wear athletic shoes. Never use the treadmill with bare feet, wearing only stockings, or in sandals.*
11. When connecting the power cord (see page 11), plug the power cord into a surge suppressor (not included) and plug the surge suppressor into a grounded circuit capable of carrying 15 or more amps. No other appliance should be on the same circuit. Do not use an extension cord.
12. Use only a single-outlet surge suppressor that meets all of the specifications described on page 11. To purchase a surge suppressor, see your local PROFORM dealer or call the telephone number on the front cover of this manual and order part number 146148, or see your local electronics store.
13. Failure to use a properly functioning surge suppressor could result in damage to the control system of the treadmill. If the control system is damaged, the walking belt may change speed, accelerate, or stop unexpectedly, which may result in a fall and serious injury.
14. Keep the power cord and the surge suppressor away from heated surfaces.
15. Never move the walking belt while the power is turned off. Do not operate the treadmill if the power cord or plug is damaged, or if the treadmill is not working properly. (See TROUBLESHOOTING on page 21 if the treadmill is not working properly.)
16. Read, understand, and test the emergency stop procedure before using the treadmill (see HOW TO TURN ON THE POWER on page 13).
17. Never start the treadmill while you are standing on the walking belt. Always hold the handrails while using the treadmill.
18. The treadmill is capable of high speeds. Adjust the speed in small increments to avoid sudden jumps in speed.
19. The pulse sensor is not a medical device. Various factors, including the user's movement, may affect the accuracy of heart rate readings. The pulse sensor is intended only as an exercise aid in determining heart rate trends in general.

20. Never leave the treadmill unattended while it is running. Always remove the key, unplug the power cord, and switch the reset/off circuit breaker to the off position when the treadmill is not in use. (See the drawing on page 5 for the location of the circuit breaker.)
21. Do not attempt to raise, lower, or move the treadmill until it is properly assembled. (See ASSEMBLY on page 6, and HOW TO FOLD AND MOVE THE TREADMILL on page 19.) You must be able to safely lift 45 lbs. (20 kg) to raise, lower, or move the treadmill.
22. When folding or moving the treadmill, make sure that the storage latch is fully closed.
23. Never insert any object into any opening on the treadmill.
24. Inspect and properly tighten all parts of the treadmill regularly.
25. **DANGER:** Always unplug the power cord immediately after use, before cleaning the treadmill, and before performing the maintenance and adjustment procedures described in this manual. Never remove the motor hood unless instructed to do so by an authorized service representative. Servicing other than the procedures in this manual should be performed by an authorized service representative only.
26. This treadmill is intended for in-home use only. Do not use this treadmill in a commercial, rental, or institutional setting.

SAVE THESE INSTRUCTIONS

BEFORE YOU BEGIN

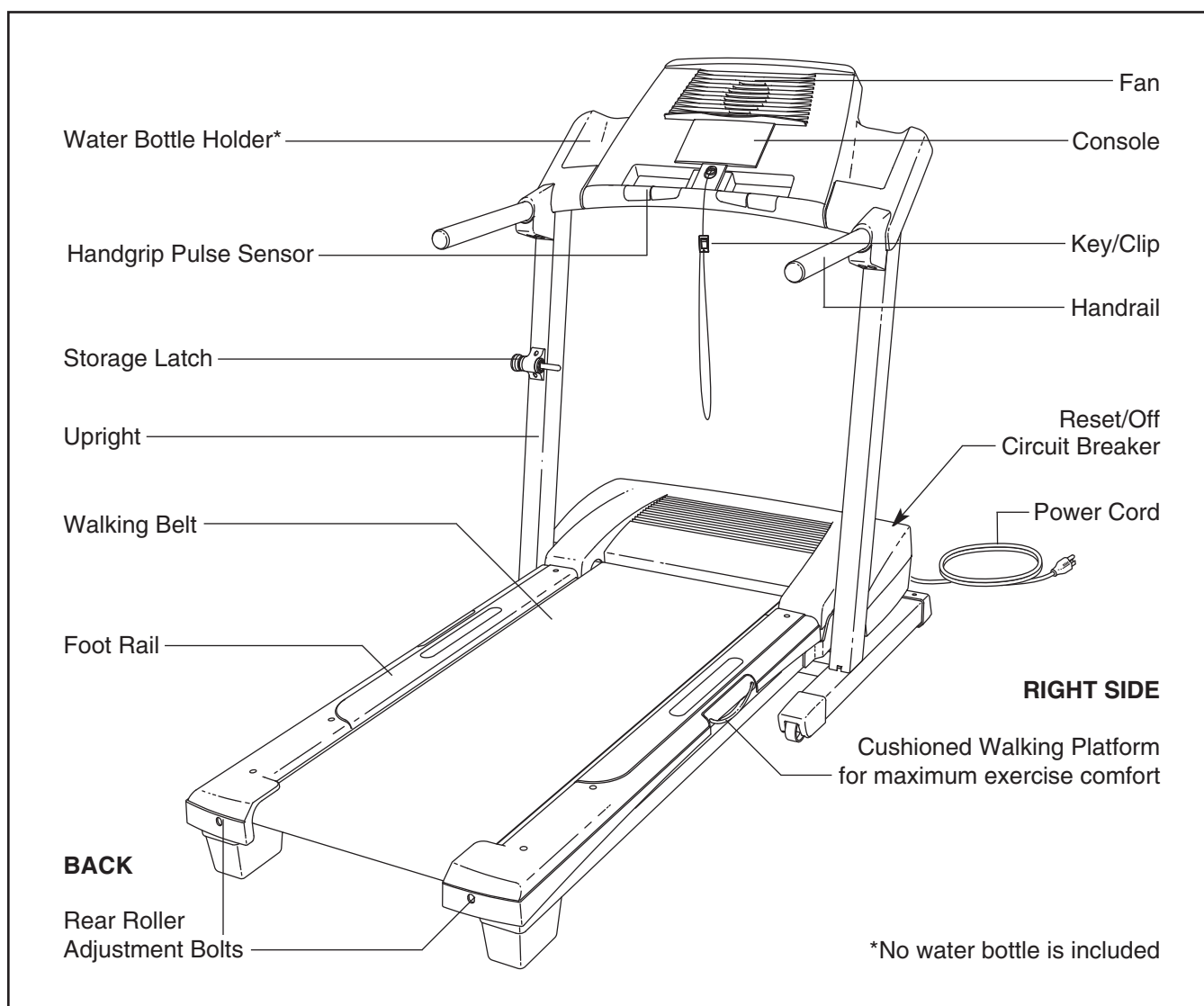
Thank you for selecting the revolutionary PROFORM® SPORT 1100 treadmill. The SPORT 1100 treadmill offers an impressive array of features designed to make your workouts at home more enjoyable and effective. And when you're not exercising, the unique SPORT 1100 treadmill can be folded up, requiring less than half the floor space of other treadmills.

For your benefit, read this manual carefully before using the treadmill. If you have questions after reading this manual, please see the front cover of this man-

ual. To help us assist you, note the product model number and serial number before contacting us. The model number and the location of the serial number decal are shown on the front cover of this manual.

To avoid a registration fee for any service needed under warranty, you must register the treadmill at www.proformservice.com/registration.

Before reading further, please review the drawing below and familiarize yourself with the labeled parts.



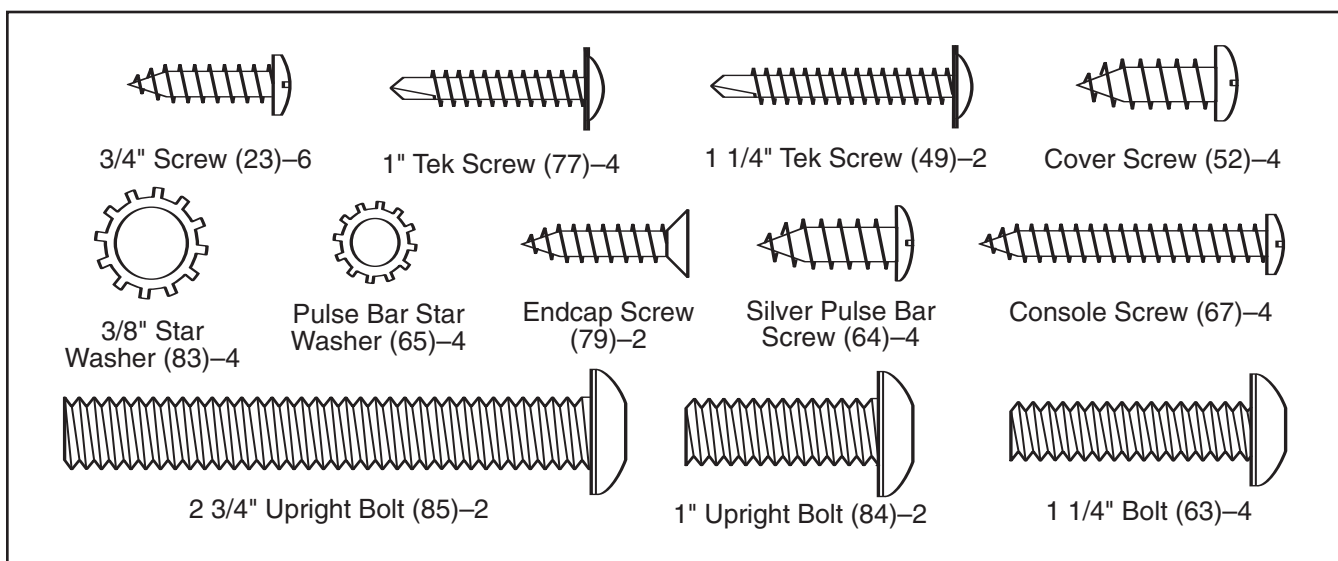
ASSEMBLY

To hire an authorized service technician to assemble the treadmill, call toll-free 1-800-445-2480.

Assembly requires two persons. Set the treadmill in a cleared area and remove all packing materials. Do not dispose of the packing materials until assembly is completed. Note: The underside of the treadmill walking belt is coated with high-performance lubricant. During shipping, a small amount of lubricant may be transferred to the top of the walking belt or the shipping carton. This is a normal condition and does not affect treadmill performance. If there is lubricant on top of the walking belt, simply wipe off the lubricant with a soft cloth and a mild, non-abrasive cleaner.

Assembly requires the included hex key  **and your own Phillips screwdriver** .

Use the drawings below to identify the hardware used during assembly. **Note: If a part is not in the parts bag, check to see if it has been preattached to one of the parts to be assembled. To avoid damaging plastic parts, do not use power tools for assembly.**

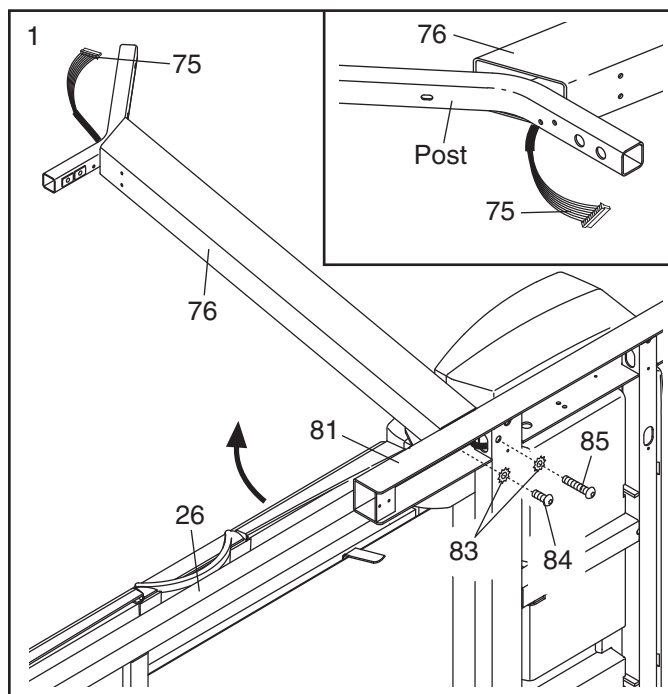


1. Make sure that the power cord is unplugged.

With the help of a second person, carefully tip the treadmill onto its left side as shown. Partially fold the Frame (26) so that the treadmill is more stable. **Do not fully fold the Frame until the treadmill is completely assembled.**

Identify the Right Upright (76), which has a RIGHT sticker. Hold the Right Upright near the Base (81). Insert the Upright Wire (75) into the Right Upright until the Upright Wire is extending from the upper end of the Right Upright. Note: Make sure that the Upright Wire is extending from the side of the post as shown in the inset drawing. Remove the tie from the Upright Wire.

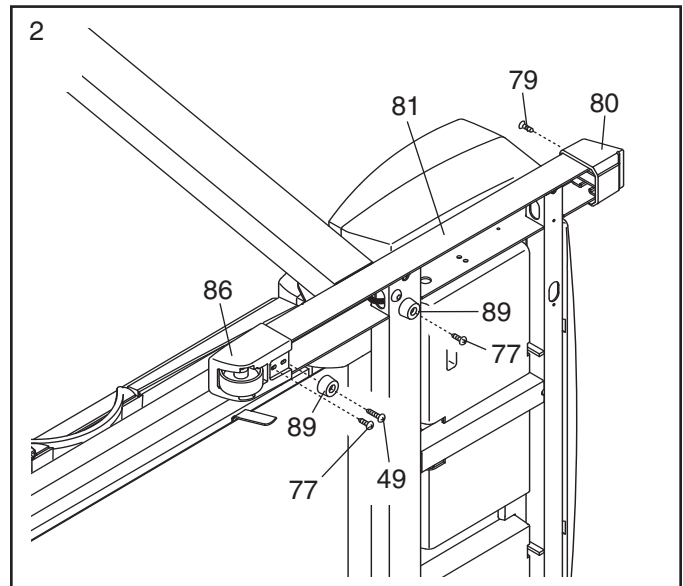
Attach the Right Upright (76) to the Base (81) with a 2 3/4" Upright Bolt (85), a 1" Upright Bolt (84), and two 3/8" Star Washers (83). **Do not tighten the Upright Bolts yet.**



2. Slide a Front Endcap (80) onto the Base (81). Partially tighten an Endcap Screw (79) into the Front Endcap and the Base.

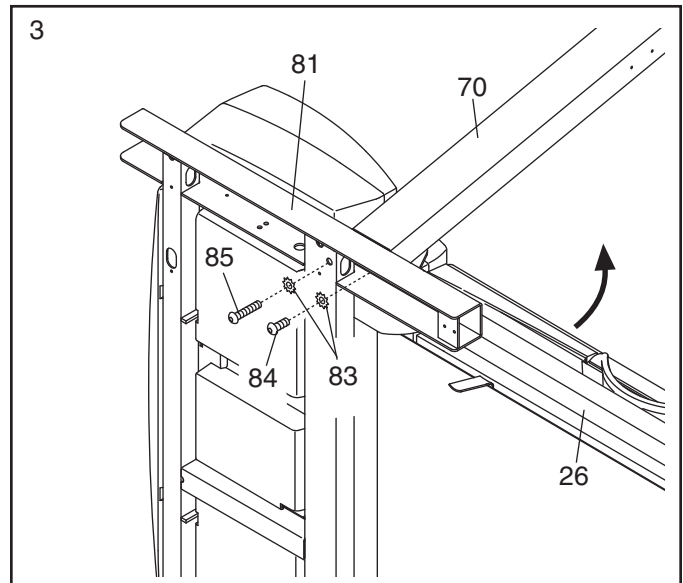
Slide a Wheel Housing (86) onto the Base (81). Attach the Wheel Housing with a 1" Tek Screw (77), a Base Pad (89), and a 1 1/4" Tek Screw (49) as shown.

Attach an additional Base Pad (89) to the Base (81) with a 1" Tek Screw (77).



3. With the help of a second person, carefully tip the treadmill onto its right side as shown. Partially fold the Frame (26) so the treadmill is more stable. **Do not fully fold the Frame until the treadmill is completely assembled.**

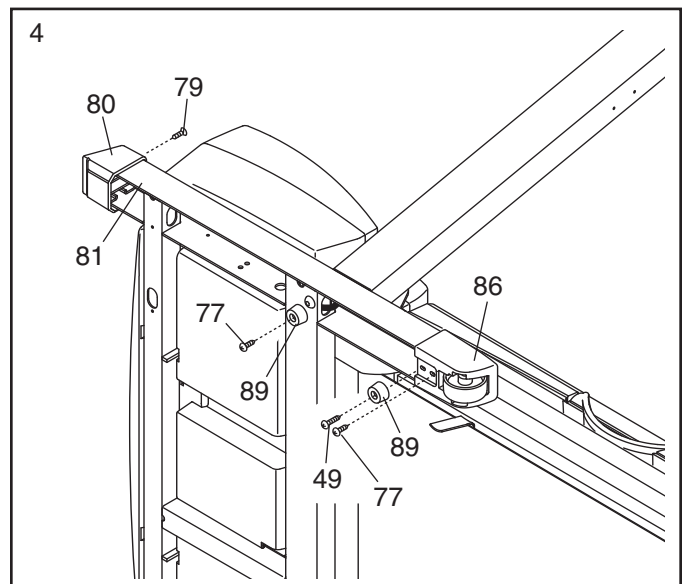
Hold the Left Upright (70) against the Base (81). Then, thread a 2 3/4" Upright Bolt (85) and a 1" Upright Bolt (84) with 3/8" Star Washers (83) into the Base (81) and the bottom of the Left Upright. **Do not tighten the Upright Bolts yet.**



4. Slide a Front Endcap (80) onto the Base (81). Partially tighten an Endcap Screw (79) into the Front Endcap and the Base.

Slide a Wheel Housing (86) onto the Base (81). Attach the Wheel Housing with a 1" Tek Screw (77), a Base Pad (89), and a 1 1/4" Tek Screw (49) as shown.

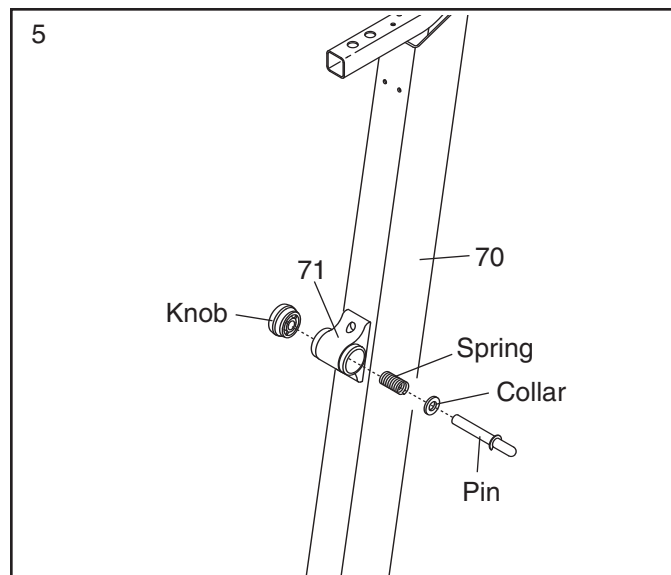
Attach an additional Base Pad (89) to the Base (81) with a 1" Tek Screw (77).



5. With the help of a second person, carefully raise the Left Upright (70) and the Right Upright (not shown) to a vertical position.

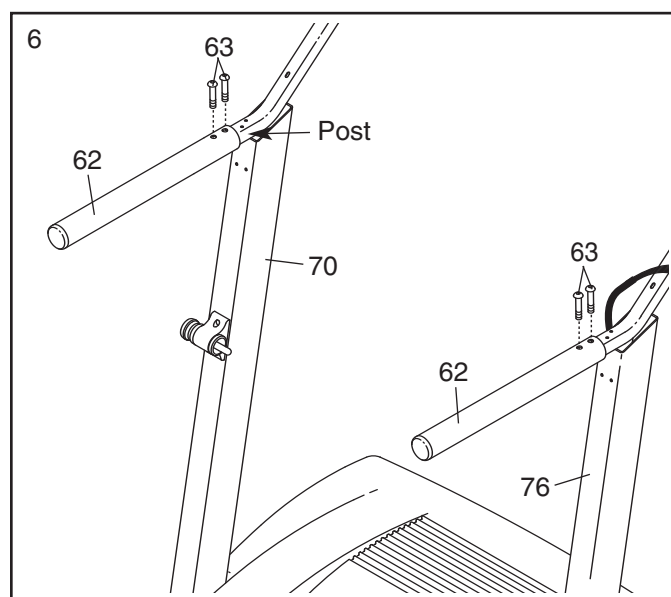
Remove the knob from the pin. Make sure that the collar and the spring are on the pin. (Note: If there are two collars, place one on each side of the spring.) Then, insert the pin into the Latch Housing (71), and tighten the knob onto the pin.

See steps 2 and 4. Fully tighten the two Endcap Screws (79).



6. Slide a Handrail (62) onto the post on the Left Upright (70). Finger tighten two 1 1/4" Bolts (63) into the Handrail and the post; **do not fully tighten the Bolts yet.**

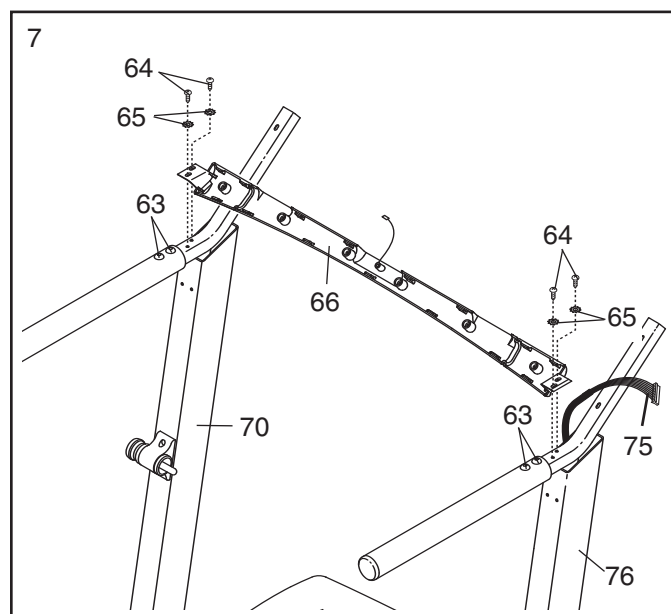
Attach the other Handrail (62) to the Right Upright (76) in the same way.



7. Make sure that the Upright Wire (75) is positioned at the side of the post on the Right Upright (76) as shown.

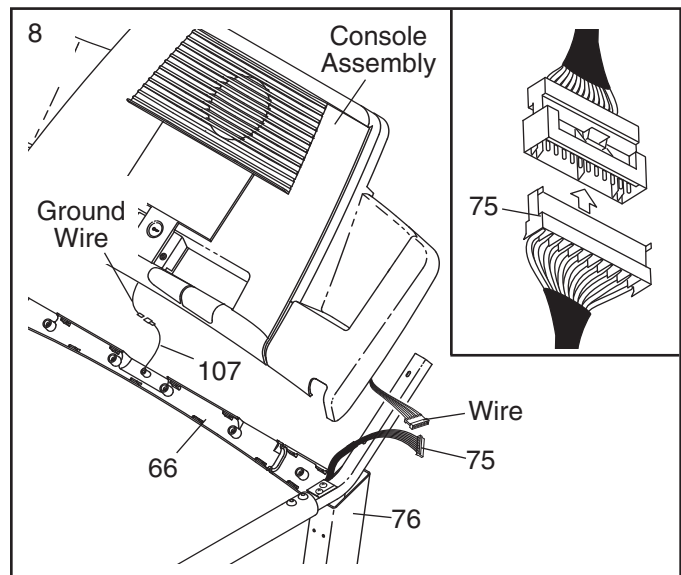
Set the Pulse Bar (66) on the Left and Right Uprights (70, 76). Attach the Pulse Bar with four Silver Pulse Bar Screws (64) and four Pulse Bar Star Washers (65). **Start all four Silver Pulse Bar Screws before firmly tightening them.**

Firmly tighten the four 1 1/4" Bolts (63).



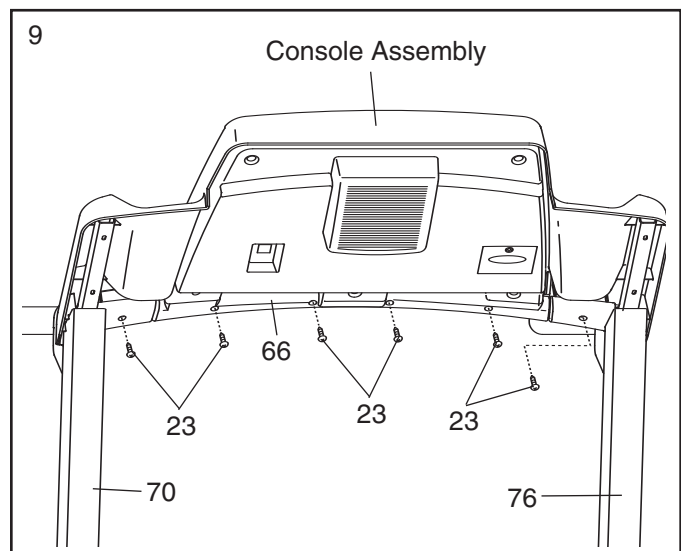
8. While a second person holds the console assembly near the Pulse Bar (66), connect the Console Ground Wire (107) on the Pulse Bar to the ground wire from the console assembly.

Connect the wire from the console assembly to the Upright Wire (75). **Make sure to connect the connectors properly (see the inset drawing). The connectors should slide together easily and snap into place.** If the connectors do not slide together easily and snap into place, turn one connector and then try again. **IF THE CONNECTORS ARE NOT CONNECTED PROPERLY, THE CONSOLE MAY BE DAMAGED WHEN THE POWER IS TURNED ON.** Lay the wires inside the bottom of the Pulse Bar (66).



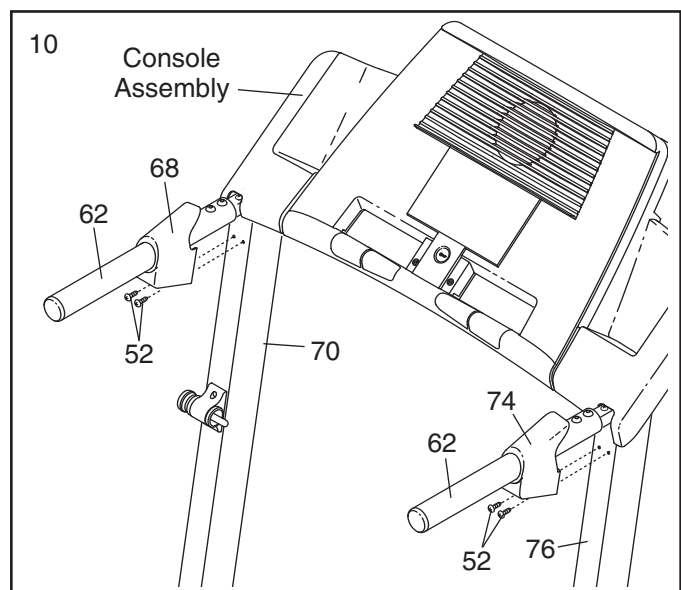
9. Set the console assembly on the Left and Right Uprights (70, 76). **Be careful not to pinch any wires.**

Attach the console assembly to the Pulse Bar (66) with six 3/4" Screws (23). **Start all six Screws before firmly tightening them.**



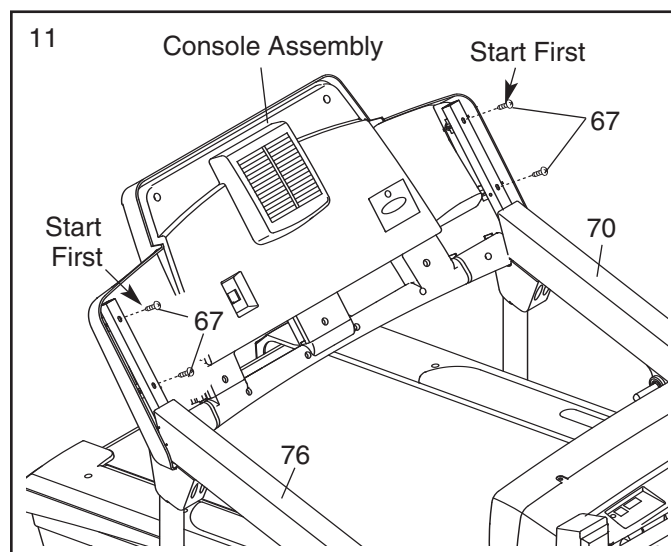
10. Identify the Left Handrail Cover (68), which has a LEFT sticker on it. Slide the Left Handrail Cover onto the left Handrail (62) and hold it against the console assembly. Tighten two Cover Screws (52) into the Left Handrail Cover and the Left Upright (70); **be careful not to overtighten the Cover Screws.**

Attach the Right Handrail Cover (74) in the same way.



11. Lower the Uprights (70, 76) as shown.

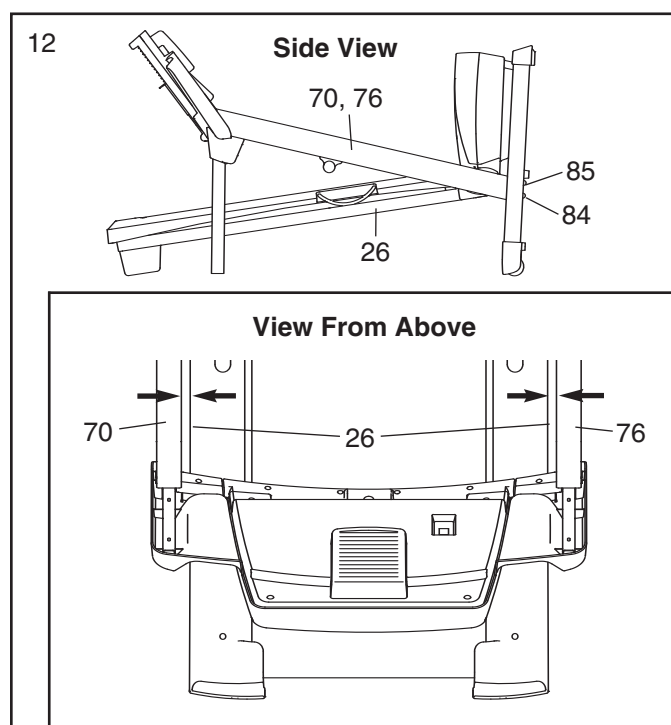
Start the two indicated Console Screws (67) into the Left and Right Uprights (70, 76) and the console assembly. If necessary, pull back on the console assembly slightly to align the holes in the Uprights with those on the console assembly. **Start the other two Console Screws before tightening all four Console Screws; do not overtighten the Console Screws.**



12. See the inset drawing. Push the Uprights (70, 76) sideways so that the treadmill Frame (26) is centered between the Uprights.

Firmly tighten the Upright Bolts (84, 85) on each side of the treadmill.

With the help of a second person, carefully raise the Left Upright (70) and the Right Upright (76) to a vertical position



13. **Make sure that all parts are properly tightened before you use the treadmill.** If there are sheets of clear plastic on the treadmill decals, remove the plastic. To protect the floor or carpet, place a mat under the treadmill. Note: Extra hardware may be included. Keep the included hex key in a secure place; the large hex key is used to adjust the walking belt (see page 22).

OPERATION AND ADJUSTMENT

THE PRE-LUBRICATED WALKING BELT

Your treadmill features a walking belt coated with high-performance lubricant. **IMPORTANT: Never apply silicone spray or other substances to the walking belt or the walking platform.** Such substances will deteriorate the walking belt and cause excessive wear.

HOW TO PLUG IN THE POWER CORD

⚠ DANGER: Improper connection of the equipment-grounding conductor can result in an increased risk of electric shock. Check with a qualified electrician or serviceman if you are in doubt as to whether the product is properly grounded. Do not modify the plug provided with the product—if it will not fit the outlet, have a proper outlet installed by a qualified electrician.

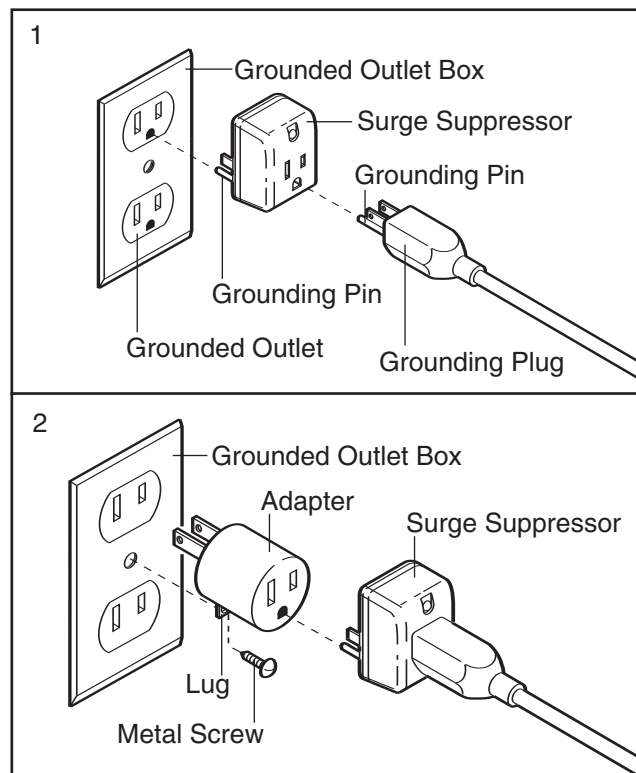
Your treadmill, like any other type of sophisticated electronic equipment, can be seriously damaged by sudden voltage changes in your home's power. Voltage surges, spikes, and noise interference can result from weather conditions or from other appliances being turned on or off. **To decrease the possibility of your treadmill being damaged, always use a surge suppressor with your treadmill (see drawing 1 at the right).** To purchase a surge suppressor, see your local PROFORM dealer or call the telephone number on the front cover of this manual and order part number 146148, or see your local electronics store.

Use only a single-outlet surge suppressor that is UL 1449 listed as a transient voltage surge suppressor (TVSS). The surge suppressor must have a UL suppressed voltage rating of 400 volts or less and a minimum surge dissipation of 450 joules. The surge suppressor must be electrically rated for 120 volts AC and 15 amps. There must be a monitoring light on the surge suppressor to indicate whether it is functioning properly. Failure to use a properly functioning surge suppressor could result in damage to the control system of the treadmill. If the control system is damaged, the walking belt may change speed, accelerate or stop unexpectedly, which may result in a fall and serious injury.

This product must be grounded. If it should malfunction or break down, grounding provides a path of least resistance for electric current, reducing the risk of elec-

tric shock. This product is equipped with a cord having an equipment-grounding conductor and a grounding plug. **Plug the power cord into a surge suppressor, and plug the surge suppressor into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances. Important: The treadmill is not compatible with GFCI-equipped outlets.**

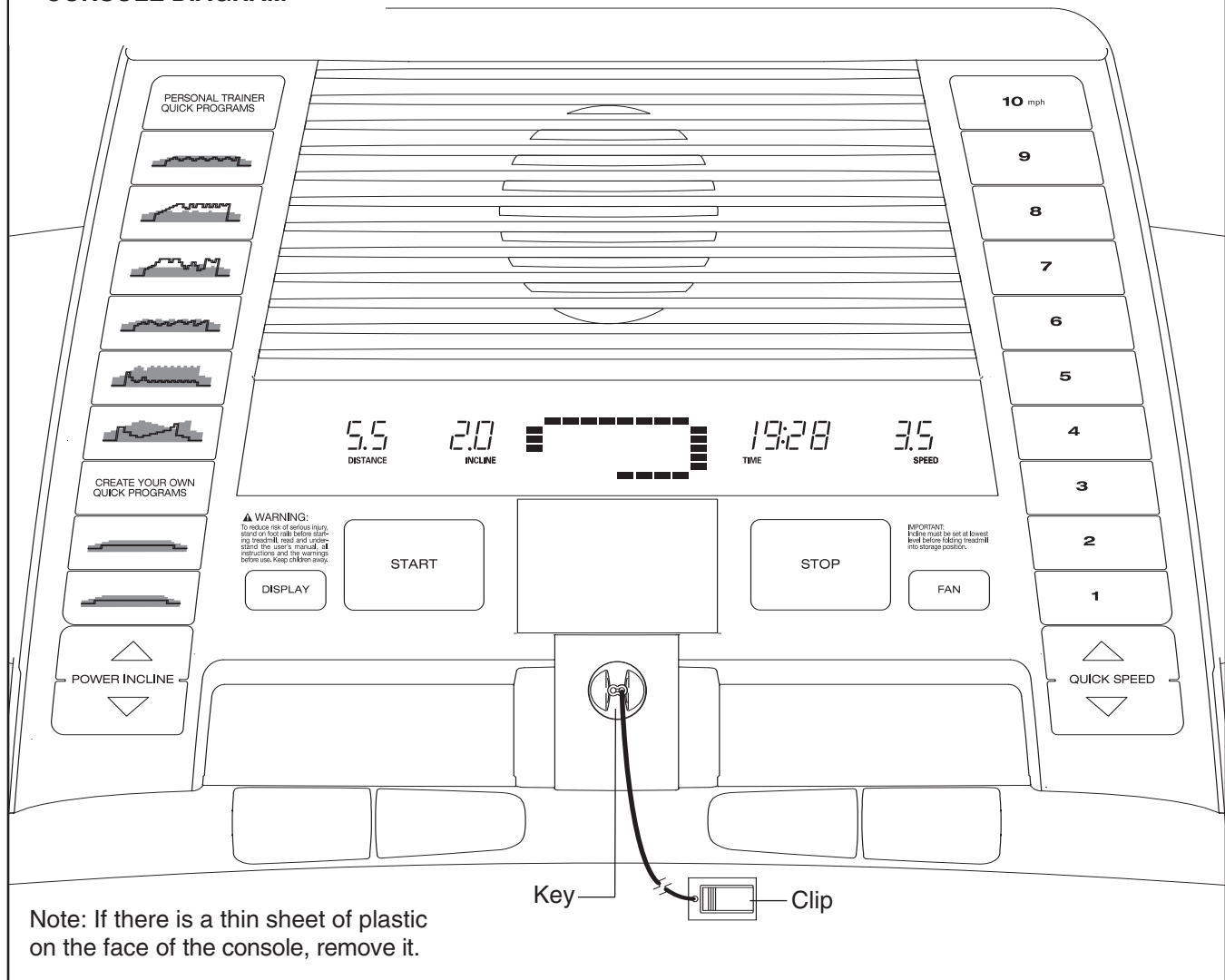
This product is for use on a nominal 120-volt circuit, and has a grounding plug that looks like the plug illustrated in drawing 1 below. A temporary adapter that looks like the adapter illustrated in drawing 2 may be used to connect the surge suppressor to a 2-pole receptacle as shown in drawing 2 if a properly grounded outlet is not available.



The temporary adapter should be used only until a properly grounded outlet (drawing 1) can be installed by a qualified electrician.

The green-colored rigid ear, lug, or the like extending from the adapter must be connected to a permanent ground such as a properly grounded outlet box cover. Whenever the adapter is used it must be held in place by a metal screw. **Some 2-pole receptacle outlet box covers are not grounded. Contact a qualified electrician to determine if the outlet box cover is grounded before using an adapter.**

CONSOLE DIAGRAM



FEATURES OF THE CONSOLE

The treadmill console offers an impressive array of features designed to help you get the most from your workouts. When you use the manual mode of the console, you can change the speed and incline of the treadmill with the touch of a button. As you exercise, the console will display continuous exercise feedback. You can even measure your heart rate using the built-in handgrip pulse sensor.

In addition, the console features twelve preset programs. Each program automatically controls the speed and incline of the treadmill as it guides you through an effective workout. You can even create your own cus-

tom workout programs and save them in memory for future use.

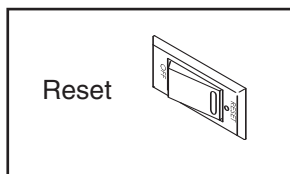
To use the manual mode of the console, follow the steps beginning on page 13. **To use a personal trainer quick program**, follow the steps beginning on page 15. **To create your own quick program**, see page 16. **To use your own quick program**, see page 17.

Note: If there is a sheet of clear plastic on the face of the console, remove the plastic. To prevent damage to the walking platform, wear clean athletic shoes while using the treadmill. The first time you use the treadmill, observe the alignment of the walking belt, and center the walking belt if necessary (see page 23).

HOW TO TURN ON THE POWER

IMPORTANT: If the treadmill has been exposed to cold temperatures, allow it to warm to room temperature before turning on the power. If you do not do this, the console displays or other electrical components may become damaged.

Plug in the power cord (see page 11). Next, locate the reset/off circuit breaker on the treadmill frame near the power cord. Switch the circuit breaker to the reset position.



IMPORTANT: The console features a display demo mode, designed to be used if the treadmill is displayed in a store. If the displays light as soon as you plug in the power cord and switch the circuit breaker to the reset position, the demo mode is turned on. To turn off the demo mode, hold down the Stop button for a few seconds. If the displays remain lit, see **THE INFORMATION MODE** on page 18 to turn off the demo mode.

Next, stand on the foot rails of the treadmill. Find the clip attached to the key (see the drawing on page 12) and slide the clip onto the waistband of your clothes. Then, insert the key into the console. After a moment, the displays will light. **IMPORTANT:** In an emergency situation, the key can be pulled from the console, causing the walking belt to slow to a stop. Test the clip by carefully taking a few steps backward; if the key is not pulled from the console, adjust the position of the clip.

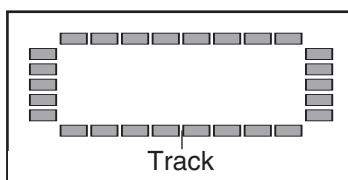
HOW TO USE THE MANUAL MODE

1. Insert the key into the console.

See HOW TO TURN ON THE POWER above.

2. Select the manual mode.

When you insert the key, the manual mode will be selected. If you have selected a program, reselect the manual mode by pressing a Programs button repeatedly until a track appears in the center of the display.



3. Start the walking belt.

To start the walking belt, press the Start button, the Quick Speed increase button, or one of the speed buttons numbered 1 through 10.



If you press the Start button or the Quick Speed increase button, the walking belt will begin to move at 1 mph. As you exercise, change the speed of the walking belt as desired by pressing the Quick Speed increase and decrease buttons. Each time you press a button, the speed setting will change by 0.1 mph; if you hold down a button, the speed setting will change in increments of 0.5 mph. Note: After you press the buttons, it may take a moment for the walking belt to reach the selected speed setting.

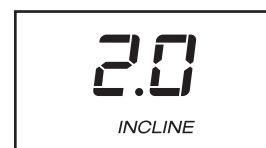
If you press one of the speed buttons numbered 1 through 10, the walking belt will gradually increase in speed until it reaches the selected speed setting.

To stop the walking belt, press the Stop button. The time will begin to flash in the Time/Pace display. To restart the walking belt, press the Start button, the Quick Speed increase button, or one of the speed buttons numbered 1 through 10.

Note: The first time you use the treadmill, observe the alignment of the walking belt, and align the walking belt if necessary (see page 23).

4. Change the incline of the treadmill as desired.

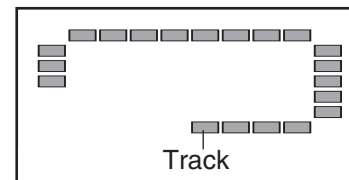
To change the incline of the treadmill, press the Power Incline increase and decrease buttons. Each time you press a button, the incline will change by 0.5%. It may take a moment for the treadmill to reach the selected incline setting.



5. Follow your progress with the matrix and the displays.

The matrix—

When the manual mode is selected, the matrix will show a 1/4-mile track. As you walk or run, the indicators around the track will light in succession until the entire track is lit. The track will then disappear and the indicators will again begin to light in succession.



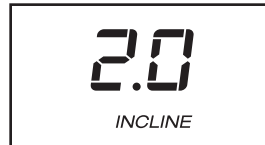
The Calories/Distance display—This display

will show the approximate number of calories you have burned and the distance that you have walked or run during your workout. The display will change from one measurement to the other every few seconds.



The Incline/Pulse display—This display will

show the incline level of the treadmill and your heart rate when you use the handgrip pulse sensor.



The Time/Pace display—This display will

show the elapsed time and your pace (pace is measured in minutes per mile). Note: When a personal trainer quick program is selected, the display will show the time remaining in the program instead of the elapsed time. The display will change from one measurement to the other every few seconds.

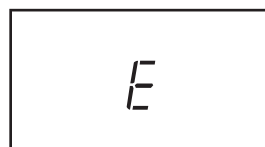


The Speed display—

This display will show the speed of the walking belt in miles or kilometers per hour.



Note: The console can display speed and distance in either miles or kilometers. To determine which unit of measurement is selected, hold down the Stop button while inserting the key into the console. An "E" for miles or an "M" for kilometers will appear in the Speed display. Press the Quick Speed increase button to change the unit of measurement. When the desired unit of measurement is selected, remove the key. **Note: For simplicity, all instructions in this section refer to miles.**

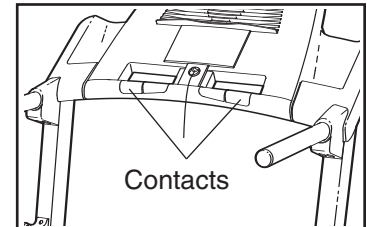


To review specific information, press the Display button repeatedly until the displays show the information that you are most interested in viewing.

6. Measure your heart rate if desired.

Before using the handgrip pulse sensor, remove the sheets of clear plastic from the metal contacts. In addition, make sure that your hands are clean.

To measure your heart rate, **stand on the foot rails** and hold the metal contacts—**avoid moving your hands.**



When your pulse is detected, the Incline/Pulse display will show one or two dashes and then your heart rate will be shown. **For the most accurate heart rate reading, continue to hold the contacts for about 15 seconds.**

7. Turn on the fan if desired.

The fan features low and high speed settings. Press the fan button repeatedly to select a fan speed or to turn off the fan. Note: If the fan is on when the walking belt is stopped, the fan will turn off automatically after a few minutes.

8. When you are finished exercising, remove the key from the console.

Step onto the foot rails, press the Stop button, and **adjust the incline of the treadmill to the lowest setting. The incline must be at the lowest setting when you fold the treadmill to the storage position, or you may damage the treadmill.** Next, remove the key from the console and put it in a secure place.

When you are finished using the treadmill, switch the reset/off circuit breaker to the "off" position and unplug the power cord. **IMPORTANT: If you do not do this, the treadmill's electrical components may wear prematurely.**

HOW TO USE A PERSONAL TRAINER QUICK PROGRAM

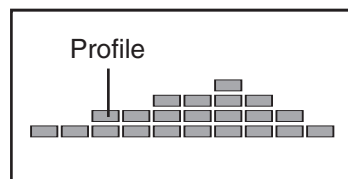
1. Insert the key into the console.

See HOW TO TURN ON THE POWER on page 13.

2. Select one of the personal trainer quick programs.

To select one of the twelve personal trainer quick programs, press one of the six Personal Trainer Quick Programs buttons. If you press the button a second time the intensity of the program will increase by 1 mph. If you press the button a third time the treadmill will return to the manual mode.

A few seconds after you select a personal trainer program, the maximum incline setting and the maximum speed setting of the program will flash in the display for a few seconds. The display will then show how long the program will last. A profile of the speed settings of the program will scroll across the matrix.



3. Press the Start button or the Quick Speed increase button to start the program.

A moment after you press the button, the treadmill will automatically adjust to the first speed and incline settings for the program. Hold the handrails and begin walking.

Each program is divided into 30 one-minute segments. One speed setting and one incline setting are programmed for each segment. Note: The same speed setting and/or incline setting may be programmed for consecutive segments.

During the program, the profile will show your progress (see the drawing above). The flashing segment of the profile represents the current segment of the program. The height of the flashing segment indicates the speed setting for the current segment. At the end of each segment, a series of tones will sound and the next segment of the profile will begin to flash. If a different speed and incline setting is programmed for the next segment, the speed or incline setting will flash in the display to alert you.

The program will continue in this way until the last segment of the profile flashes in the display and the last segment ends. The walking belt will then slow to a stop.

If the speed or incline setting for the current segment is too high or too low, you can manually override the setting by pressing the Power Incline, Quick Speed, or numbered speed buttons. Every few times you press a Quick Speed button, an additional indicator will light or darken in the Current Segment column; If any of the columns to the right of the Current Segment column have the same number of lit indicators as the Current Segment column, an additional indicator may light or darken in those columns as well. **Important: When the current segment of the program ends, the treadmill will automatically adjust to the speed and incline settings for the next segment.**

To stop the program at any time, press the Stop button. The time will begin to flash in the Time/Pace display. To restart the program, press the Start button or the Quick Speed increase button. The walking belt will begin to move at 1 mph. When the next segment of the program begins, the treadmill will automatically adjust to the speed and incline settings for the next segment.

4. **Follow your progress with the matrix and the displays.**

See step 5 on page 13.

5. **Measure your heart rate if desired.**

See step 6 on page 14.

6. **Turn on the fan if desired.**

See step 7 on page 14.

7. **When you are finished exercising, remove the key from the console.**

See step 8 on page 14.

HOW TO CREATE YOUR OWN QUICK PROGRAM

1. **Insert the key into the console.**

See HOW TO TURN ON THE POWER on page 13.

2. **Select a custom quick program.**

To select a custom quick program, press one of the two Create Your Own Quick Programs buttons.

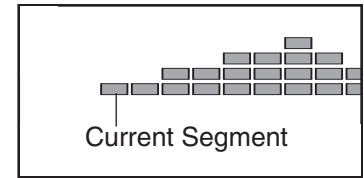
Note: If a custom quick program has not yet been defined, only three segments of the profile will scroll across the matrix. If more than three segments appear, see HOW TO USE YOUR OWN QUICK PROGRAM on page 17.

3. **Press the Start button or the Quick Speed increase button and program the desired speed and incline settings.**

A moment after you press the button, the walking belt will begin to move. Hold the handrails and begin walking.

Each custom program is divided into one-minute segments. One speed setting and one incline setting can be pro-

grammed for each segment. The speed setting for the first segment will be shown in the flashing segment of the profile. To program a speed setting and an incline setting for the first segment, simply adjust the speed and incline of the treadmill as desired by pressing the Quick Speed and Power Incline buttons. Every few times a Quick Speed button is pressed, an additional indicator will appear or disappear in the Current Segment column.



When the first segment of the program ends, a series of tones will sound and the current speed setting and the current incline setting will be saved in memory. *The three segments of the profile will then move one column to the left*, and the speed setting for the second segment will be shown in the flashing Current Segment column. Program a speed setting and an incline setting for the second segment as described above.

Continue programming speed and incline settings for as many segments as desired; custom programs can have up to forty segments. When you are finished with your workout, press the Stop button twice. The speed and incline settings that you have programmed and the number of segments that you have programmed will then be saved in memory.

4. **When you are finished exercising, remove the key from the console.**

See step 8 on page 14.

HOW TO USE YOUR OWN QUICK PROGRAM

1. Insert the key into the console.

See HOW TO TURN ON THE POWER on page 13.

2. Select a custom quick programs.

To select a custom quick programs, press one of the two Create Your Own Quick Programs buttons.

A few seconds after you select a custom quick program, the maximum incline setting and the maximum speed setting of the program will flash in the display for a few seconds. The display will then show how long the program will last. A profile of the speed settings of the program will scroll across the matrix. If you press the button a second time, the program will return to the manual mode.

Note: If only three segments of the profile scroll across the matrix, see HOW TO CREATE YOUR OWN QUICK PROGRAM on page 16.

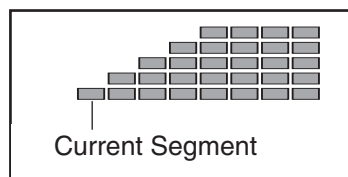
3. Press the Start button or the Quick Speed increase button to start the program.

A moment after you press the button, the treadmill will automatically adjust to the first speed and incline settings that you programmed previously. Hold the handrails and begin walking.

Each of the custom quick programs is divided into several one-minute segments. One speed setting and one incline setting are programmed for each segment. Note: The same speed setting and/or incline setting may be programmed for consecutive segments.

During the program, the profile will show your progress. The flashing segment of the profile represents the current

segment of the program. The height of the flashing segment indicates the speed setting for the current segment. At the end of each segment, a series of tones will sound and the next segment of the profile will begin to flash. If a different speed and incline setting is programmed for the next segment, the speed or incline setting will flash in the display to alert you.



The program will continue in this way until the last segment of the profile flashes in the Current Segment column and the last segment ends. The walking belt will then slow to a stop.

If desired, you can redefine the program while using it. **To change the speed or incline setting for the current segment**, simply press the Power Incline, Quick Speed, or numbered speed buttons. When the current segment ends, the new setting will be saved in memory. **To increase the length of the program**, first wait until the program is completed. Then, press the Start button and program speed and incline settings for as many additional segments as desired. When you have added as many segments as desired, press the Stop button twice. **To decrease the length of the program**, press the Stop button twice at any time before the program is completed.

To stop the program at any time, press the Stop button. The time will begin to flash in the display. To restart the program, press the Start button or the Speed increase button. The walking belt will begin to move at 1 mph. When the next segment of the program begins, the treadmill will automatically adjust to the speed and incline settings for the next segment.

4. Follow your progress with the matrix and the displays.

See step 5 on page 13.

5. Measure your heart rate if desired.

See step 6 on page 14.

6. Turn on the fan if desired.

See step 7 on page 14.

7. When you are finished exercising, remove the key from the console.

See step 8 on page 14.

THE INFORMATION MODE

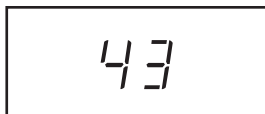
The console features an information mode that keeps track of the total number of miles that the walking belt has moved and the total number of hours that the treadmill has been operated. The information mode also allows you to select miles or kilometers as the unit of measurement and to turn on and turn off the display demo mode.

To select the information mode, hold down the Stop button while inserting the key into the console. When the information mode is selected, the following information will be shown:

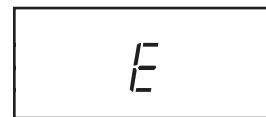
The Calories/Distance display will show the total number of miles (or kilometers) that the walking belt has moved.

A rectangular digital display showing the number 12.2 in a seven-segment font.

The Time/Pace display will show the total number of hours that the treadmill has been used.

A rectangular digital display showing the number 43 in a seven-segment font.

An “E” for English miles or an “M” for metric kilometers will appear in the Quick Speed display. Press the Speed increase button to change the unit of measurement.

A rectangular digital display showing the letter E in a seven-segment font.

Note: The console features a display demo mode, designed to be used if the treadmill is displayed in a store. While the demo mode is turned on, the console will function normally when you plug in the power cord, switch the circuit breaker to the reset position, and insert the key into the console. However, when you remove the key, the displays will remain lit, although the buttons will not function. If the demo mode is turned on, a “d” will appear in the Pulse/Incline display while the information mode is selected. To turn on or turn off the demo mode, press the Quick Speed decrease button.

To exit the information mode, remove the key from the console.

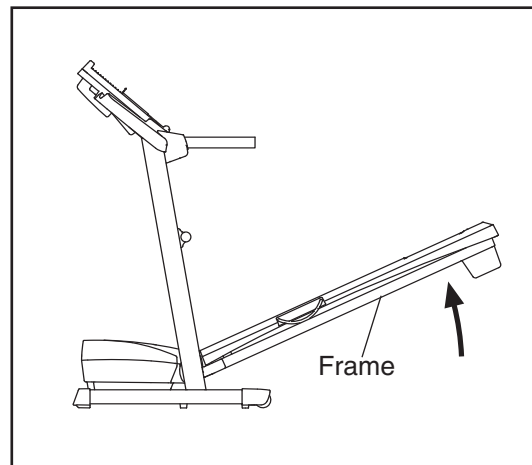
HOW TO FOLD AND MOVE THE TREADMILL

HOW TO FOLD THE TREADMILL FOR STORAGE

Before folding the treadmill, adjust the incline to the lowest position. If you do not do this, you may permanently damage the treadmill. Next, unplug the power cord.

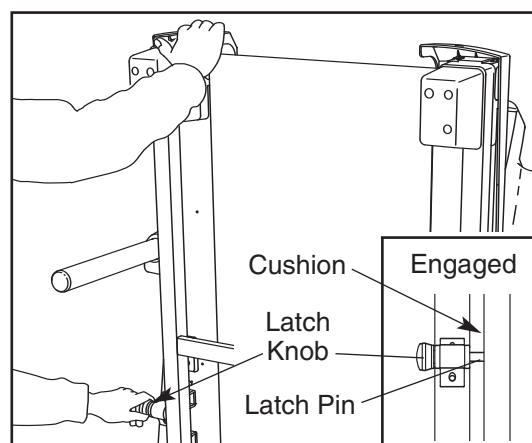
CAUTION: You must be able to safely lift 45 lbs. (20 kg) to raise, lower, or move the treadmill.

1. Hold the metal frame firmly in the location shown by the arrow at the right. **CAUTION:** To decrease the possibility of injury, do not lift the frame by the plastic foot rails. Make sure to bend your legs and keep your back straight. As you raise the frame, make sure to lift with your legs rather than with your back. Raise the frame about halfway to the vertical position.



2. Move your right hand to the position shown and hold the treadmill firmly. Using your left hand, pull the latch knob to the left and hold it. Raise the frame until the latch pin is aligned with the hole in the center of the cushion. Slowly release the latch knob. **Make sure that the latch pin is fully inserted in the hole in the center of the cushion.**

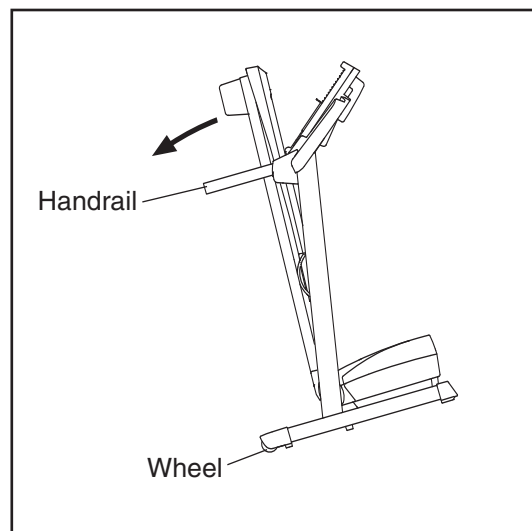
To protect the floor or carpet from damage, place a mat under the treadmill. Keep the treadmill out of direct sunlight. Do not leave the treadmill in the storage position in temperatures above 85° F (30° C).



HOW TO MOVE THE TREADMILL

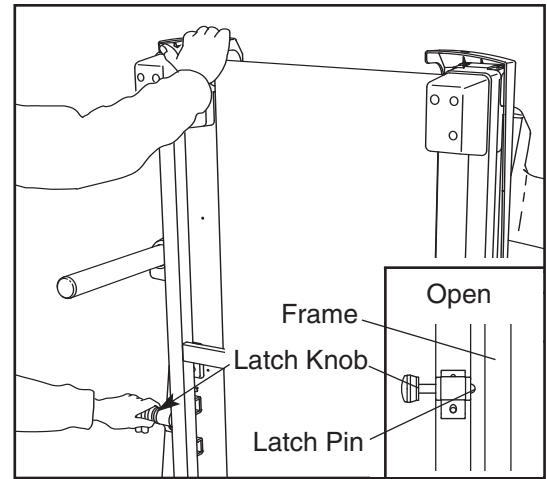
Before moving the treadmill, convert the treadmill to the storage position as described above. **Make sure that the latch pin is fully inserted in the hole in the center of the cushion.**

1. Hold the upper ends of the handrails. Place one foot against one of the wheels.
2. Tilt the treadmill backward until it rolls freely on the front wheels. Carefully move the treadmill to the desired location. **To reduce the risk of injury, use extreme caution while moving the treadmill. Do not move the treadmill over an uneven surface.**
3. Place one foot against one of the wheels, and carefully lower the treadmill until it is resting in the storage position.

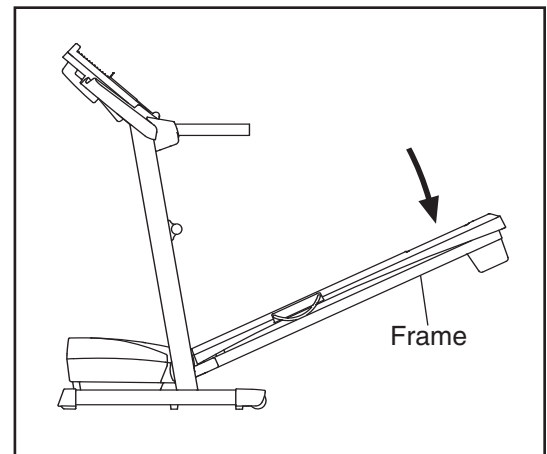


HOW TO LOWER THE TREADMILL FOR USE

1. Hold the upper end of the treadmill with your right hand. Pull the latch knob to the left and hold it. Pivot the frame downward until the catch is past the latch pin.



2. Hold the metal frame firmly with both hands, and lower it to the floor. **CAUTION: To decrease the possibility of injury, do not lower the frame by gripping only the plastic foot rails. Do not drop the frame to the floor. Make sure to bend your legs and keep your back straight.**



TROUBLESHOOTING

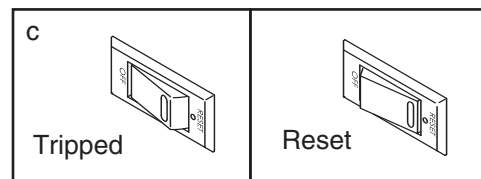
Most treadmill problems can be solved by following the steps below. Find the symptom that applies, and follow the steps listed. If you need further assistance, please see the front cover of this manual.

PROBLEM: The power does not turn on

SOLUTION: a. Make sure that the power cord is plugged into a surge suppressor, and that the surge suppressor is plugged into a properly grounded outlet (see page 11). Use only a single-outlet surge suppressor that meets all of the specifications described on page 11. Important: The treadmill is not compatible with GFCI-equipped outlets.

b. After the power cord has been plugged in, make sure that the key is inserted into the console.

c. Check the reset/off circuit breaker located on the treadmill frame near the power cord. If the switch protrudes as shown, the circuit breaker has tripped. To reset the circuit breaker, wait for five minutes, and then press the switch back in.



PROBLEM: The power turns off during use

SOLUTION: a. Check the reset/off circuit breaker (see the drawing above). If the circuit breaker has tripped, wait for five minutes and then press the switch back in.

b. Make sure that the power cord is plugged in. If the power cord is plugged in, unplug it, wait for five minutes, and then plug it back in.

c. Remove the key from the console. Reinsert the key into the console.

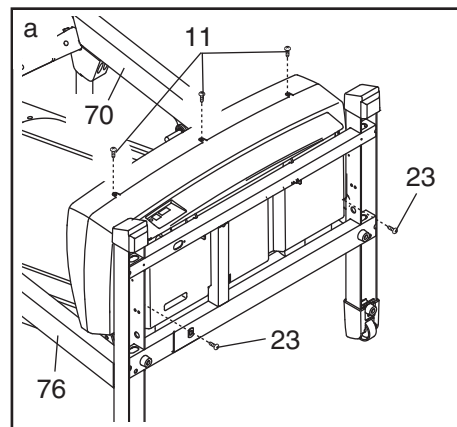
d. If the treadmill still will not run, see the front cover of this manual.

PROBLEM: The incline of the treadmill does not change correctly

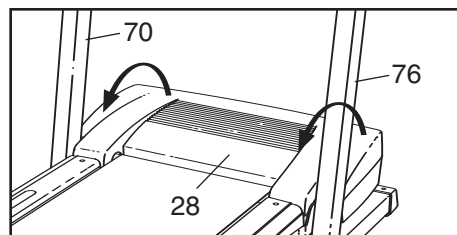
SOLUTION: a. With the key in the console, press one of the Incline buttons. **While the incline is changing, remove the key.** After a few seconds, re-insert the key. The treadmill will automatically rise to the maximum incline level and then return to the minimum level. This will recalibrate the incline system.

PROBLEM: The display of the console does not function properly

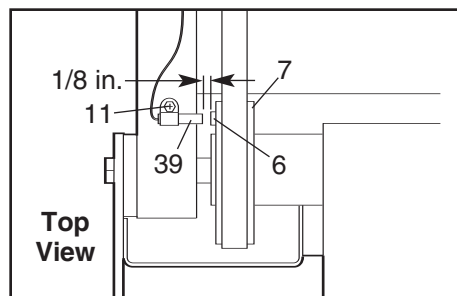
SOLUTION: a. Remove the key from the console and **UNPLUG THE POWER CORD.** With the help of a second person, carefully tip the Uprights (70, 76) down as shown. Remove the three Screws (11) and two 3/4" Screws (23). Note: A Phillips screwdriver with a shaft at least 5 in. (13 cm) long is required.



With the help of a second person, carefully raise the Uprights (70, 76) as shown. Carefully pivot the Hood (28) off.



Locate the Reed Switch (39) and the Magnet (6) on the left side of the Pulley (7). Turn the Pulley until the Magnet is aligned with the Reed Switch. **Make sure that the gap between the Magnet and the Reed Switch is about 1/8 in. (3 mm).** If necessary, loosen the Screw (11), move the Reed Switch slightly, and then retighten the Screw. Reattach the Hood, and run the treadmill for a few minutes to check for a correct speed reading.



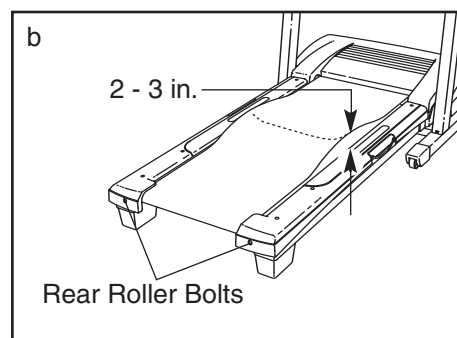
PROBLEM: The console displays remain lit when you remove the key from the console

SOLUTION: a. The console features a display demo mode, designed to be used if the treadmill is displayed in a store. If the displays remain lit when you remove the key, the demo mode is turned on. To turn off the demo mode, hold down the Stop button for a few seconds. If the displays are still lit, see THE INFORMATION MODE on page 18 to turn off the demo mode.

PROBLEM: The walking belt slows when walked on

SOLUTION: a. Use only a single-outlet surge suppressor that meets all the specifications described on page 11.

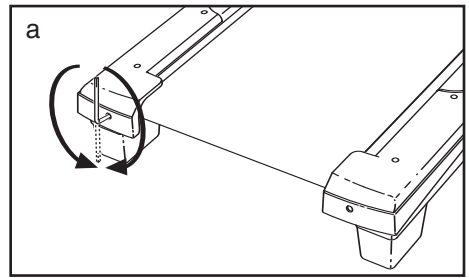
b. If the walking belt is overtightened, treadmill performance may decrease and the walking belt may become damaged. Remove the key and **UNPLUG THE POWER CORD**. Using the hex key, turn both rear roller bolts counterclockwise, 1/4 of a turn. When the walking belt is properly tightened, you should be able to lift each edge of the walking belt 2 to 3 in. (5 to 8 cm) above the walking platform. Be careful to keep the walking belt centered. Then, plug in the power cord, insert the key, and run the treadmill for a few minutes. Repeat until the walking belt is properly tightened.



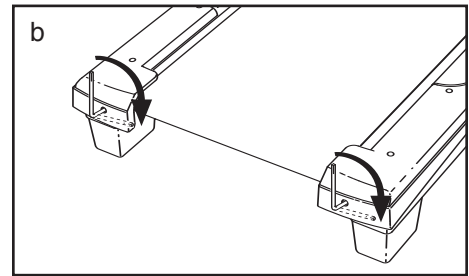
c. If the walking belt still slows when walked on, please see the front cover of this manual.

PROBLEM: The walking belt is off-center or slips when walked on

SOLUTION: a. **If the walking belt is off-center**, first remove the key and **UNPLUG THE POWER CORD**. **If the walking belt has shifted to the left**, use the hex key to turn the left rear roller bolt clockwise 1/2 of a turn; **if the walking belt has shifted to the right**, turn the left bolt counterclockwise 1/2 of a turn. Be careful not to overtighten the walking belt. Then, plug in the power cord, insert the key, and run the treadmill for a few minutes. Repeat until the walking belt is centered.



b. **If the walking belt slips when walked on**, first remove the key and **UNPLUG THE POWER CORD**. Using the hex key, turn both rear roller bolts clockwise, 1/4 of a turn. When the walking belt is correctly tightened, you should be able to lift each edge of the walking belt 2 to 3 in. (5 to 8 cm) above the walking platform. Be careful to keep the walking belt centered. Then, plug in the power cord, insert the key, and carefully walk on the treadmill for a few minutes. Repeat until the walking belt is properly tightened.



EXERCISE GUIDELINES

⚠ WARNING: Before beginning this or any exercise program, consult your physician. This is especially important for individuals over the age of 35 or individuals with pre-existing health problems.

The pulse sensor is not a medical device. Various factors, including your movement, may affect the accuracy of heart rate readings. The sensor is intended only as an exercise aid in determining heart rate trends in general.

The following guidelines will help you to plan your exercise program. For more detailed exercise information, obtain a reputable book or consult your physician.

EXERCISE INTENSITY

Whether your goal is to burn fat or to strengthen your cardiovascular system, the key to achieving the desired results is to exercise with the proper intensity. The proper intensity level can be found by using your heart rate as a guide. The chart below shows recommended heart rates for fat burning and aerobic exercise.

165	155	145	140	130	125	115	♥
145	138	130	125	118	110	103	♥
125	120	115	110	105	95	90	♥
20	30	40	50	60	70	80	

To find the proper heart rate for you, first find your age near the bottom of the chart (ages are rounded off to the nearest ten years). Next, find the three numbers above your age. The three numbers define your “training zone.” The lower two numbers are recommended heart rates for fat burning; the higher number is the recommended heart rate for aerobic exercise.

Fat Burning

To burn fat effectively, you must exercise at a relatively low intensity level for a sustained period of time. During the first few minutes of exercise, your body uses easily accessible *carbohydrate calories* for en-

ergy. Only after the first few minutes does your body begin to use stored *fat calories* for energy. If your goal is to burn fat, adjust the speed and incline of the treadmill until your heart rate is near the lowest number in your training zone.

For maximum fat burning, adjust the speed and incline of the treadmill until your heart rate is near the middle number in your training zone.

Aerobic Exercise

If your goal is to strengthen your cardiovascular system, your exercise must be “aerobic.” Aerobic exercise is activity that requires large amounts of oxygen for prolonged periods of time. This increases the demand on the heart to pump blood to the muscles, and on the lungs to oxygenate the blood. For aerobic exercise, adjust the speed and incline of the treadmill until your heart rate is near the highest number in your training zone.

WORKOUT GUIDELINES

Each workout should include the following three parts:

A Warm-up—Start each workout with 5 to 10 minutes of stretching and light exercise. A proper warm-up increases your body temperature, heart rate and circulation in preparation for exercise.

Training Zone Exercise—After warming up, increase the intensity of your exercise until your heart rate is in your training zone for 20 to 60 minutes. (During the first few weeks of your exercise program, do not keep your heart rate in your training zone for longer than 20 minutes.) Breathe regularly and deeply as you exercise—never hold your breath.

A Cool-down—Finish each workout with 5 to 10 minutes of stretching to cool down. This will increase the flexibility of your muscles and will help prevent post-exercise problems.

EXERCISE FREQUENCY

To maintain or improve your condition, complete three workouts each week, with at least one day of rest between workouts. After a few months, you may complete up to five workouts each week if desired. The key to success is to make exercise a regular and enjoyable part of your everyday life.

SUGGESTED STRETCHES

The correct form for several basic stretches is shown at the right. Move slowly as you stretch—never bounce.

1. Toe Touch Stretch

Stand with your knees bent slightly and slowly bend forward from your hips. Allow your back and shoulders to relax as you reach down toward your toes as far as possible. Hold for 15 counts, then relax. Repeat 3 times. Stretches: Hamstrings, back of knees and back.

2. Hamstring Stretch

Sit with one leg extended. Bring the sole of the opposite foot toward you and rest it against the inner thigh of your extended leg. Reach toward your toes as far as possible. Hold for 15 counts, then relax. Repeat 3 times for each leg. Stretches: Hamstrings, lower back and groin.

3. Calf/Achilles Stretch

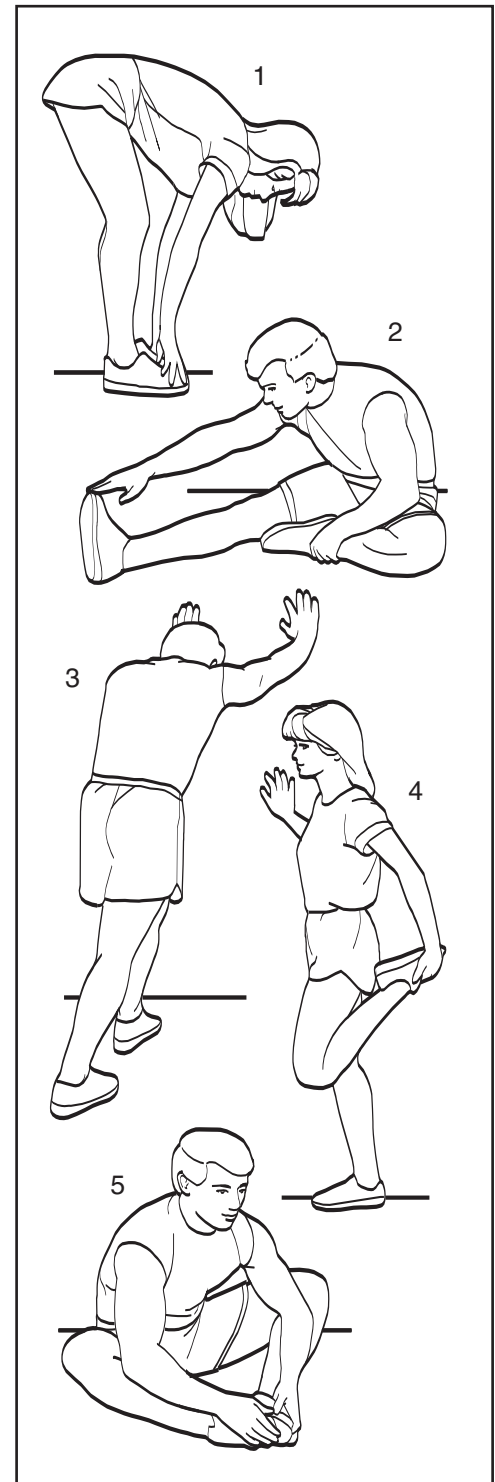
With one leg in front of the other, reach forward and place your hands against a wall. Keep your back leg straight and your back foot flat on the floor. Bend your front leg, lean forward and move your hips toward the wall. Hold for 15 counts, then relax. Repeat 3 times for each leg. To cause further stretching of the achilles tendons, bend your back leg as well. Stretches: Calves, achilles tendons and ankles.

4. Quadriceps Stretch

With one hand against a wall for balance, reach back and grasp one foot with your other hand. Bring your heel as close to your buttocks as possible. Hold for 15 counts, then relax. Repeat 3 times for each leg. Stretches: Quadriceps and hip muscles.

5. Inner Thigh Stretch

Sit with the soles of your feet together and your knees outward. Pull your feet toward your groin area as far as possible. Hold for 15 counts, then relax. Repeat 3 times. Stretches: Quadriceps and hip muscles.



PART LIST—Model No. PFTL49507.0

R0607A

To locate the parts listed below, see the EXPLODED DRAWING on pages 28 to 31.

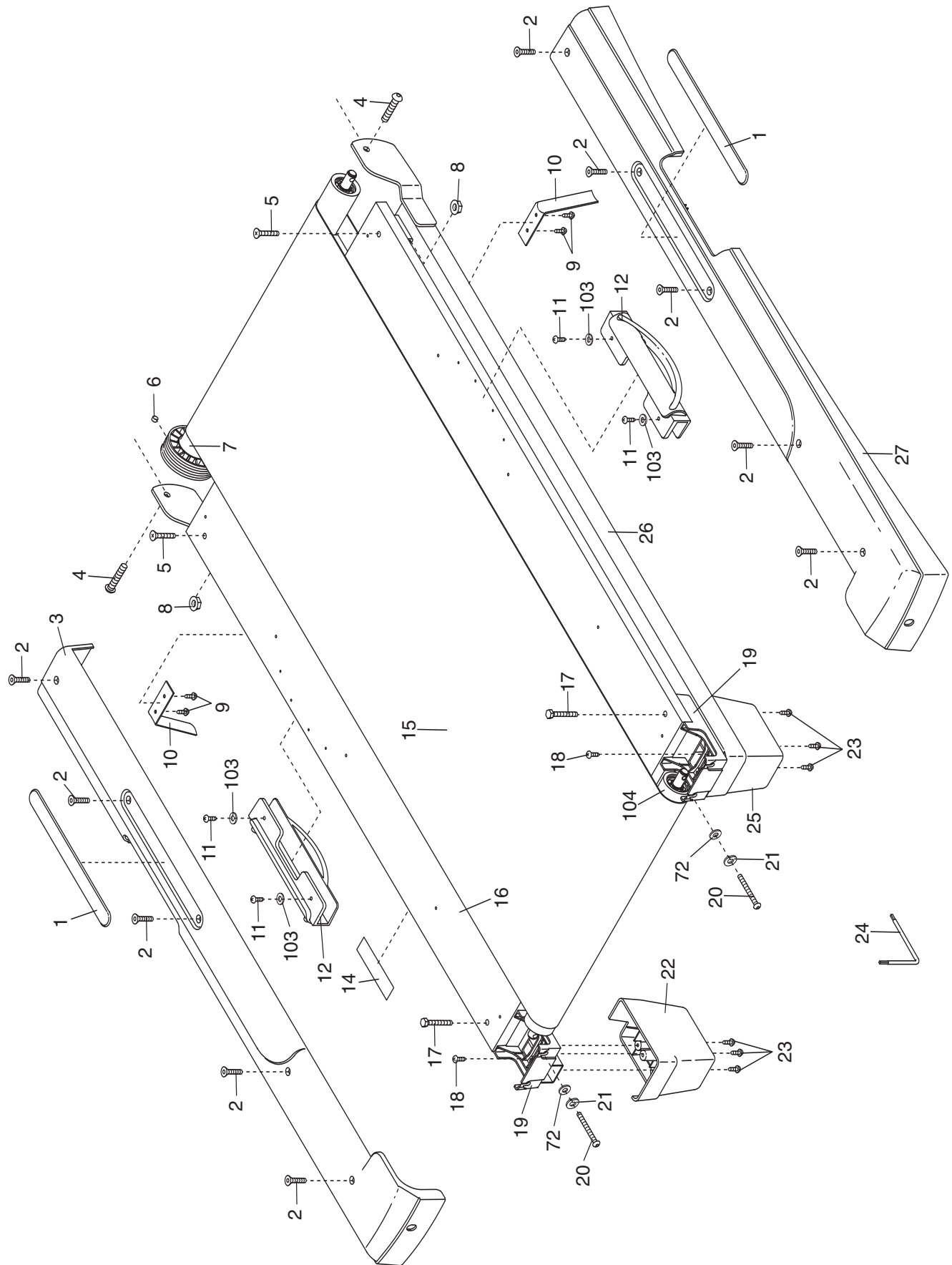
Key No.	Qty.	Description	Key No.	Qty.	Description
1	2	Foot Rail Decal	51	3	Belly Pan Screw
2	10	Foot Rail Screw	52	5	Large Belly Pan Screw/Cover Screw
3	1	Left Foot Rail	53	1	Belly Pan
4	2	Frame Pivot Bolt	54	3	Belly Pan Clip
5	2	Front Platform Bolt	55	1	Reset/Off Circuit Breaker
6	1	Magnet	56	1	Power Cord Grommet
7	1	Front Roller/Pulley	57	1	Power Cord
8	2	Platform Nut	58	1	Controller Bracket
9	4	Belt Guide Screw	59	9	1/2" Screw
10	2	Belt Guide	60	1	Controller
11	13	Screw	61	2	Small Star Washer
12	2	Isolator	62	2	Handrail
13	5	Wire Tie	63	4	1 1/4" Bolt
14	1	Latch Warning Decal	64	4	Silver Pulse Bar Screw
15	1	Walking Belt	65	4	Pulse Bar Star Washer
16	1	Walking Platform	66	1	Pulse Bar
17	2	Rear Platform Bolt	67	4	Console Screw
18	2	Rear Roller Bracket Screw	68	1	Left Handrail Cover
19	2	Rear Roller Bracket	69	2	Handrail Cap
20	2	Rear Roller Bolt	70	1	Left Upright
21	2	Rear Roller Lock Washer	71	1	Latch Housing
22	1	Left Rear Endcap	72	2	Rear Roller Flat Washer
23	24	3/4" Screw	73	1	Latch Pin Assembly
24	1	Hex Key	74	1	Right Handrail Cover
25	1	Right Rear Endcap	75	1	Upright Wire
26	1	Frame	76	1	Right Upright
27	1	Right Foot Rail	77	4	1" Tek Screw
28	1	Hood	78	2	Lift Bolt
29	2	Motor Bolt	79	2	Endcap Screw
30	2	Motor Nut	80	2	Front Endcap
31	1	Lower Incline Motor Bolt	81	1	Base
32	1	Motor Belt	82	1	Roller Ground Wire
33	1	Drive Motor	83	5	3/8" Star Washer
34	1	Motor Bracket	84	2	1" Upright Bolt
35	2	Motor Tension Bolt	85	2	2 3/4" Upright Bolt
36	2	Motor Washer	86	2	Wheel Housing
37	1	Lift Frame	87	2	Wheel Pin
38	1	Reed Switch Clip	88	2	Wheel
39	1	Reed Switch	89	4	Base Pad
40	2	Lift Frame Spacer	90	1	Incline Motor
41	6	Pivot Nut	91	1	Stop Bracket
42	2	Caution Decal	92	1	Optic Disk
43	1	Hairpin Cotter	93	1	Photo Switch Nut
44	1	Motor Pin	94	1	Photo Switch
45	1	Lift Frame Ground Wire	95	1	Photo Switch Bolt
46	1	Front Roller Bolt	96	1	Key/Clip
47	1	Upper Incline Motor Bolt	97	1	Photo Switch Wire
48	1	Front Roller Bushing	98	1	Console Base
49	2	1 1/4" Tek Screw	99	1	Console
50	5	Plastic Tie	100	1	Access Door

Key No.	Qty.	Description
101	1	Console Fan
102	1	Console Ground Wire
103	4	Isolator Washer
104	1	Rear Roller
105	1	Controller Wire
106	1	Front Roller Nut

Key No.	Qty.	Description
*	—	12" Blue Wire, 2F
*	—	12" Blue Wire, M/F
*	—	22" Red Wire, M/F
*	—	20" Black Wire, M/F

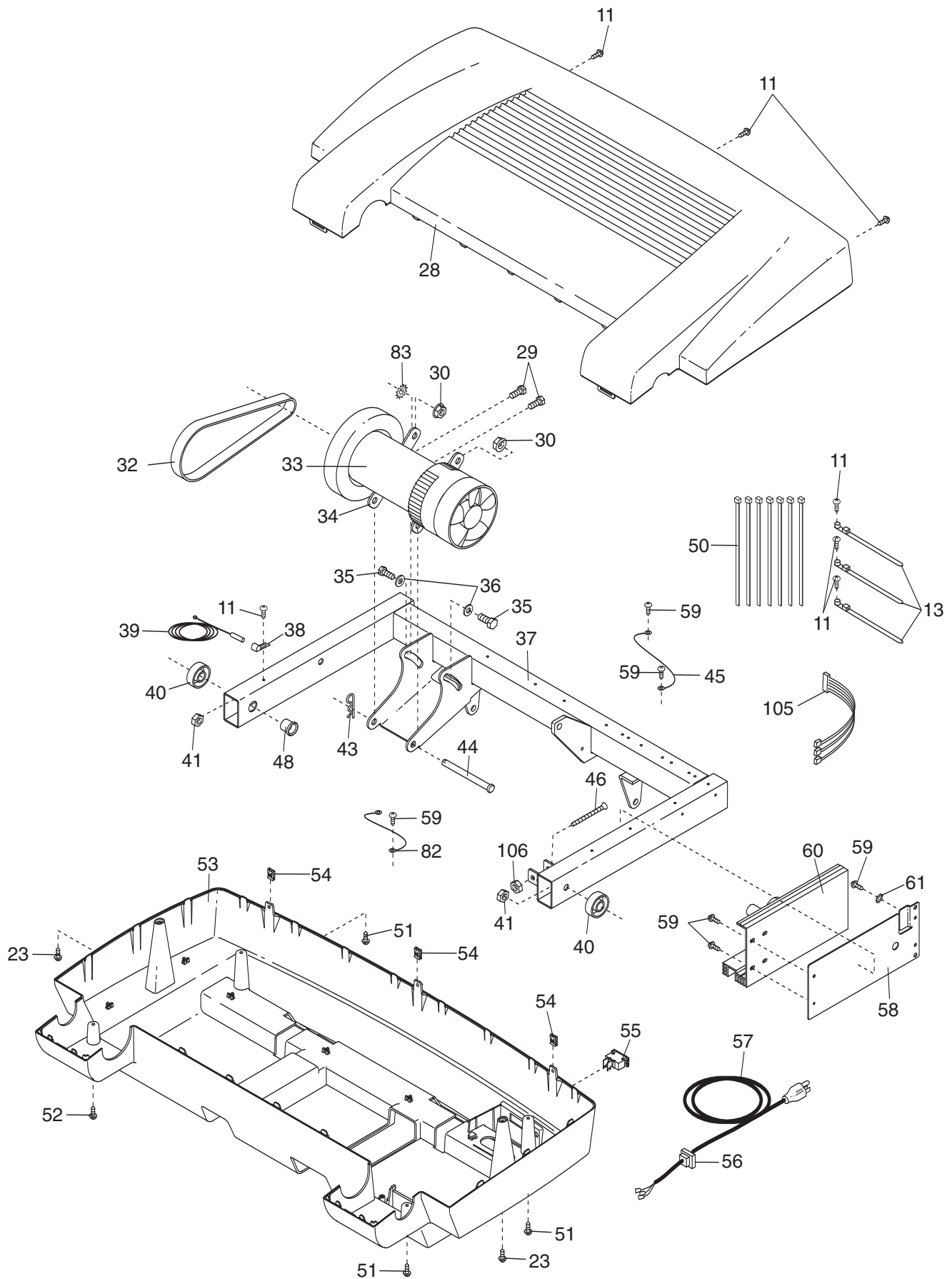
*These parts are not illustrated.

Specifications are subject to change without notice.



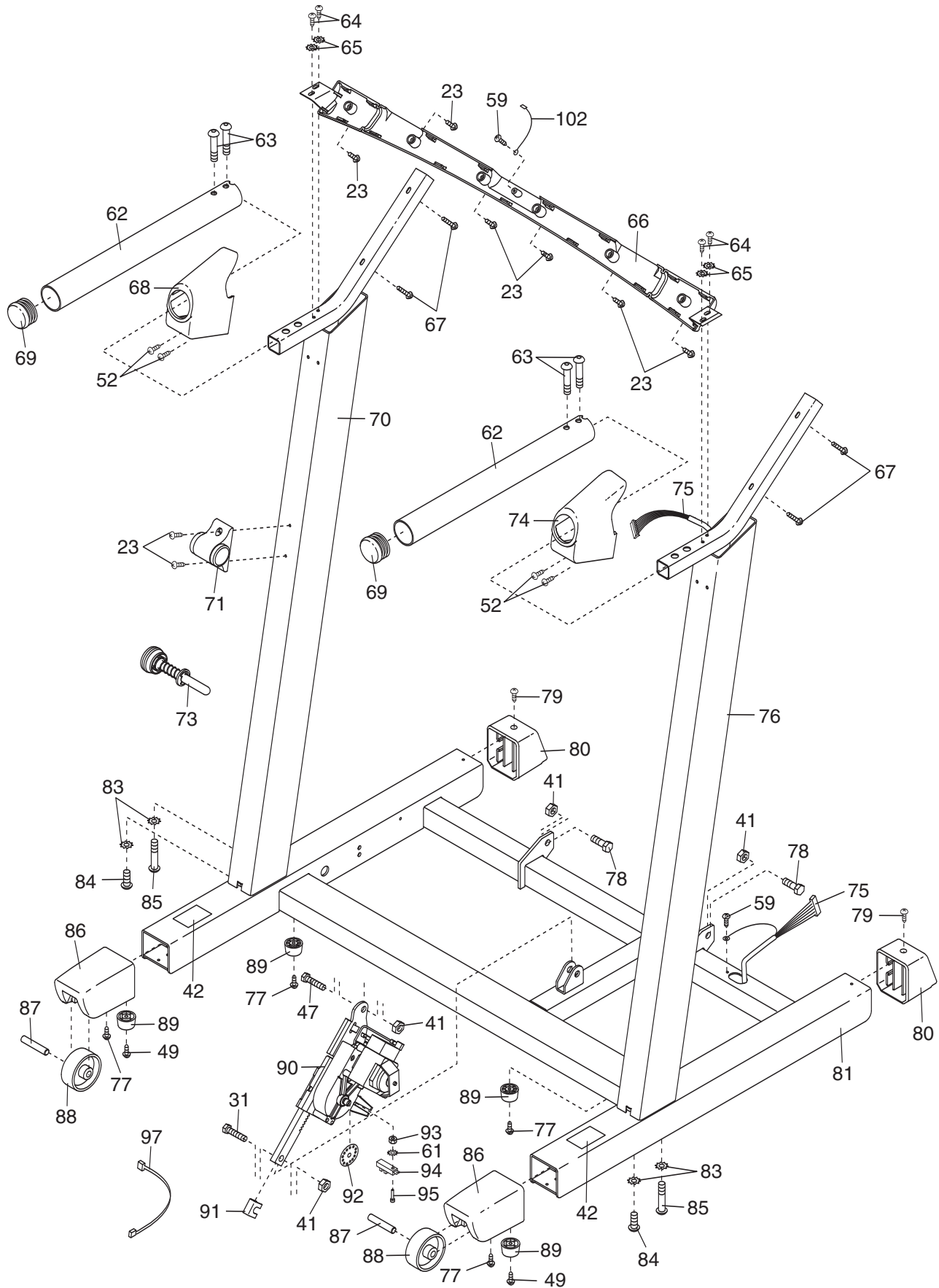
EXPLODED DRAWING B—Model No. PFTL49507.0

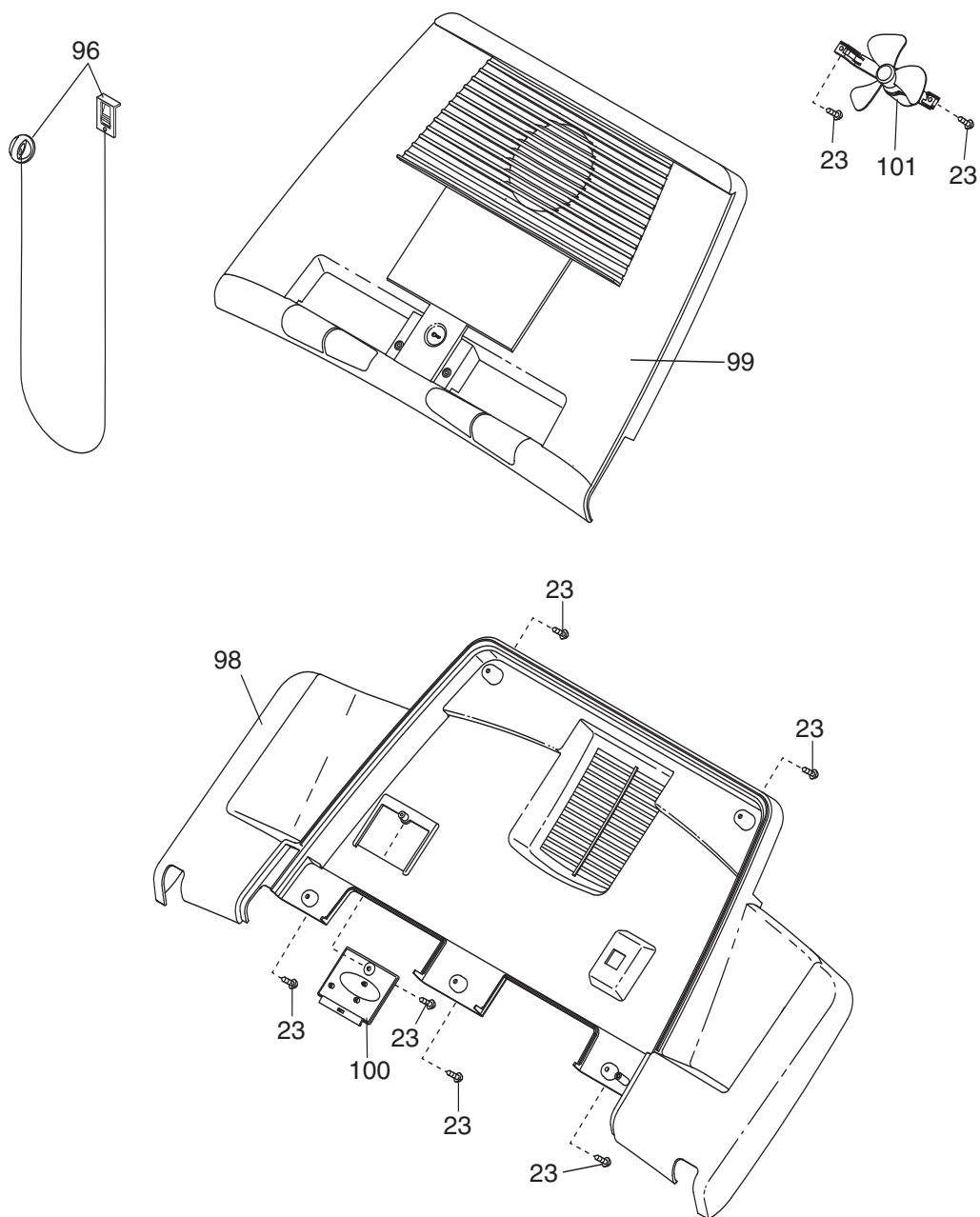
R0607A



EXPLODED DRAWING C—Model No. PFTL49507.0

R0607A





ORDERING REPLACEMENT PARTS

To order replacement parts, please see the front cover of this manual. To help us assist you, be prepared to provide the following information when contacting us:

- the model number and serial number of the product (see the front cover of this manual)
- the name of the product (see the front cover of this manual)
- the key number and description of the replacement parts(s) (see the PART LIST and the EXPLODED DRAWING near the end of this manual)

LIMITED WARRANTY

ICON Health & Fitness, Inc. (ICON) warrants this product to be free from defects in workmanship and material under normal use and service conditions. The drive motor is warranted for twelve (12) years after the date of purchase. Parts and labor are warranted for one (1) year after the date of purchase.

This warranty extends only to the original purchaser. ICON's obligation under this warranty is limited to replacing or repairing, at ICON's option, the product through one of its authorized service centers. All repairs for which warranty claims are made must be pre-authorized by ICON. If the product is shipped to a service center, freight charges to and from the service center will be the customer's responsibility. For in-home service, the customer will be responsible for a minimal trip charge. This warranty does not extend to any product or damage to a product caused by or attributable to freight damage, abuse, misuse, improper or abnormal usage or repairs not provided by an ICON authorized service center; products used for commercial or rental purposes; or products used as store display models. No other warranty beyond that specifically set forth above is authorized by ICON.

ICON is not responsible or liable for indirect, special or consequential damages arising out of or in connection with the use or performance of the product or damages with respect to any economic loss, loss of property, loss of revenues or profits, loss of enjoyment or use, costs of removal or installation or other consequential damages of whatsoever nature. Some states do not allow the exclusion or limitation of incidental or consequential damages. Accordingly, the above limitation may not apply to you.

The warranty extended hereunder is in lieu of any and all other warranties and any implied warranties of merchantability or fitness for a particular purpose is limited in its scope and duration to the terms set forth herein. Some states do not allow limitations on how long an implied warranty lasts. Accordingly, the above limitation may not apply to you.

This warranty gives you specific legal rights. You may also have other rights which vary from state to state.

ICON HEALTH & FITNESS, INC., 1500 S. 1000 W., LOGAN, UT 84321-9813